

# HEALTHY CELEBRATIONS

## Why Celebrate Healthy

Kids love a celebration, what food is served really doesn't matter. By centering a party on eating "junk" food, kids begin to associate unhealthy foods with fun occasions. Why not build that association around healthy foods instead?



## Things to Remember

- Parties and celebrations don't have to be centered on food.
- Plan them around activities instead. Try...
  - Ice skating party
  - Bowling party
  - Pool party
  - Sledding party
  - Arts and crafts party



## A Healthier Menu

You don't have to scrap the cake, just keep pieces child size and include healthier foods instead.

Try...

- A fruit salad
- Bite size sandwiches
- Cheese cubes
- Pita or bagel chips
- Skim milk or flavored fizzy water
- Carrots and dip

